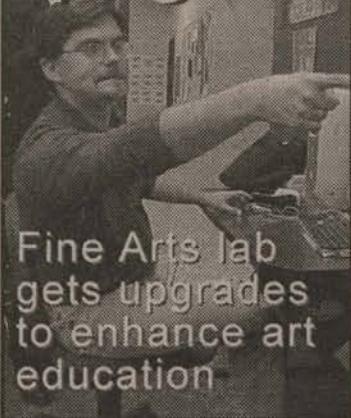


page 7



Fine Arts lab gets upgrades to enhance art education

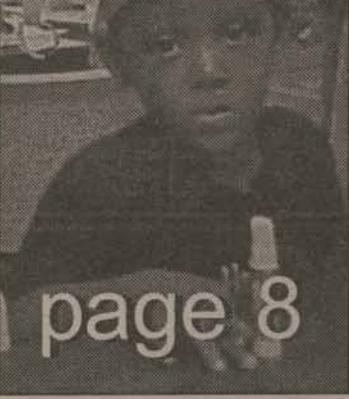
Biomedical Informatics link sciences

4

Going up!? Bronson elevators

5

HPE provides shelter for hurricane Lili's evacuees



page 8

Comics

11-12



Local artist paints up a storm and other things too.

the Almagest

October 17, 2002

It took longer because it's longer

Volume 42, Number 5

LSU SHREVEPORT

Summer graduates must wait to walk

by

Tiffany Johnson

Seniors graduating in the summer and planning to walk during the spring commencement will have to wait until fall to walk across the commencement stage.

Dr. Stuart Mills, provost and vice chancellor for academic affairs, the Deans Council and the Office of Admissions and Records have formulated a new policy for LSUS graduates.

The policy requires that seniors walking during the commencement services have completed all requirements of their degree checklist.

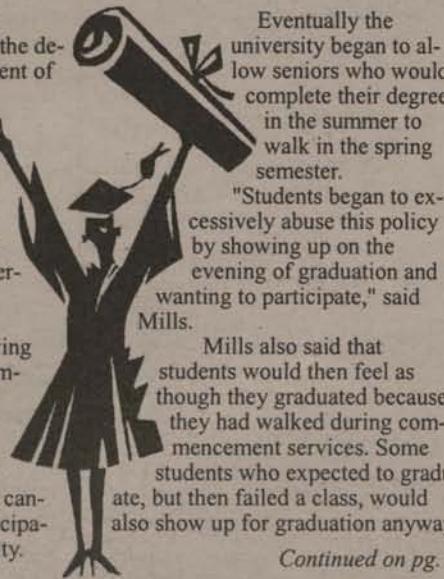
The proposed changes in the LSUS catalog will state, "Every student who participates in the

commencement exercise has fulfilled all requirements for the degree and is the rightful recipient of the degree that is to be bestowed."

"We want the public to know that those persons walking during commencement are actually graduates," said Mills. Mills said that in the past the University only had one commencement, in May.

But because of the growing number of graduates, two commencement services were offered.

The university at one time also offered summer commencement, but this was canceled because of lack of participation from graduates and faculty.



Eventually the university began to allow seniors who would complete their degree in the summer to walk in the spring semester.

"Students began to excessively abuse this policy by showing up on the evening of graduation and wanting to participate," said Mills.

Mills also said that students would then feel as though they graduated because they had walked during commencement services. Some students who expected to graduate, but then failed a class, would also show up for graduation anyway.

Continued on pg. 5

Health and Physical Education struggles to make ends meet

by

Chris Ross

Twice denied a grant by the Board of Regents Support Funds for Undergraduate Enhancement Proposals, the Health and Physical Education building's budget needs additional resources to meet the increasing demand made by many students who want the services provided by the facility to reflect the recent increase in student fees.

The HPE building, built in 1982, was originally intended and designed for instructional and student recreational purposes only. The original intent and design did not take into account the funds necessary to operate the HPE building to its full potential.

Many students would be surprised to know that the student athletic fee and the student activity fee have nothing to do with HPE facility supervision, maintenance and improvements.

The HPE budget is \$18,000, and almost all that is reserved for student workers to be lifeguards, facility supervisors and desk receptionists. The money comes from the general fund that has not been increased even though fees have increased; so its budget has remained the same over many years.

Dr. Timothy Winter, the chair for the department of Kinesiology and Health Sciences, who has the responsibility to maintain the facilities of HPE, rents out the building to a variety of groups and organizations to raise funds to improve facility maintenance and purchase new equipment. "I rent out the facilities to outside groups because it is my best means to raise resources to improve existing facilities and buy new equipment for the gym," said Winter.



Photo by Dominic Claiborne

Michelle Carroll, junior biology major, works out on the equipment in the HPE building. The HPE building equipment is not paid for by student fees as often thought.

Despite the budget constraints, Winter and his staff, which now have expanded to three graduate assistants, have worked hard to make the facility more reflective of a fit-

machines, the slush fund that was created by renting out HPE facilities is drying up. Dr. Winter has applied for grants to the Board of Regents Support Funds for Undergraduate Enhancement Proposals twice and has been denied each time.

Despite the budget constraints, Winter and his staff, which now have expanded to three graduate assistants, have worked hard to make the facility more reflective of a fit-

Continued on pg. 5

Students comment on longer Common Hour idea

by
Tiffany Johnson

The SGA is attempting to persuade the faculty senate in agreeing to extend Common Hour to a full hour.

The break allotted for organization meetings on Tuesdays and Thursdays is actually only 50 minutes. The SGA Senate feels that many will benefit if Common Hour is extended by 10 minutes.

Although the SGA has passed the resolution to extend Common Hour, and the faculty senate passed support last spring, the administration has still not acted.

The SGA argues that the extension of Common Hour will benefit the students and increase their opportunities for student involvement.

Students throughout campus have varying opinions on the matter.

"This is the first University in which I have attended where there is such a thing as Common Hour," said Carlos Banks, a junior public relations major.

Banks said he does enjoy the break during classes and he is in support of extending Common Hour.

"We talked about the extension of Common Hour in my English 115 class," said Dean Jones, a freshman criminal justice major. Jones said he feels the University should extend it to a full hour because students need more time to bond and participate in various activities.

"I don't feel as though adding an extra 10 minutes to Common Hour will benefit anyone," said Robert Thomas, a junior accounting major. Thomas said although he can't see how it would help Common Hour, he does not see how an extra ten minutes could hurt anything as far as class schedules.

"The extension of Common Hour will be beneficial for the student body," said Jeff-David Gray, a senior public relations major. Gray said with the extension of Common Hour, organizations would have more time to conduct and accomplish business meetings.

Some faculty and staff are also in favor of the extension.

"If we are to provide students with a well-rounded education, we have to educate them both in and outside of the classroom," said Paula Lewis, director of the Student Development and Counseling Center.

Lewis said in order to do that, our students need sufficient and structured time to participate in activities while they are here on campus.

The Almagest

(“al-meh-jest”. n): Arabic: “The Majestic”
any of several medieval treatises on a branch of knowledge
(as the 9th century Arabic translation of Ptolemy’s
Greek work on astronomy)
Webster’s Third New International Dictionary

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We have erroneously reported that the faculty senate has not taken action on the SGA’s common hour proposal. In fact, they passed support of the proposal last spring. However, like all resolutions, a statement of support does not result in action unless the administration accepts the will of those bodies that pass such resolutions. At this month’s SOC meeting, Ben Thomas introduced a proposal to support SGA’s common hour proposal. The student organizations representatives passed this proposal and said they would take petitions to their organizations to gather support.

In our article on the faculty senate’s debate over Doris Kearns Goodwin, we mistitled Dr. Sadow. He is an associate professor of political science.

Though we usually like to have stories on events prior to their taking place, this is not always possible. To ensure that your event is covered in a timely manner, try to let us know about it as soon as possible ahead of time so we may give our reporters time to complete a story.

From the editor

■ Midterms are a time to reflect on school stress

Halfway through the semester, stress is starting to build.

On top of the tests many classes have required in the last two weeks, professors are starting to ask how preparations are going for term papers, projects and presentations.

Students should have an idea of how they stand in classes by now, as the final drop date is Oct. 31.

But there isn’t any need to panic.

We come to school to get an education, not grades.

If grades were important, they wouldn’t be so arbitrary.

While students may have to work their asses off in one 100-level class, their next 400-level class might be a breeze.

It really depends on the professor.

Most professors at LSUS have pretty high standards.

However, many students do not and in order to keep the degree machine churning, professors are forced to lower the bar.

After all, if you can pay tuition, this school will try to get you a degree whether you should really have one or not.

The faculty senate has recently been debating the repeat/delete policy.

This policy allows students to repeat courses when they are not happy with the grades they got the first time.

Though most students use this policy to correct mistakes they have made in past semesters, others use it to float by with GPAs as low as 0.8.

That’s right, though technically one must have a 2.0 GPA to attain a degree from LSUS, with the repeat/delete policy you too can get a bachelor’s degree from an accredited university without actually learning a thing.

Don’t be fooled. When repeating courses that have been failed, the original course stays on the transcript.

You see, though graduate and professional schools count all courses that one has earned a grade from when figuring a GPA – as does LSUS technically – we ignore those courses the student has repeated as part of the repeat/delete policy when determining “graduate credit,” according to the school catalog.

While this policy was designed to help students who may have had a bad semester get another chance, there is no limit on how many times a course may be repeated or how many times an individual student may invoke this policy.

What this means is a student can take courses as many times as he or she needs to pass. They say that “D” stands for degree.

Eventually a professor may get tired of seeing a student in a class and just pass him or her by default; however, having never repeated a course, it seems to us that it would be impossible to repeat a course twice.

Of course, this is because we actually pay attention in class and complete our assignments, valuing the understanding we gain from doing so.

Other students do not, yet they are getting the same degree as us.

When these students go out into the workforce proudly displaying their ignorance along with their LSUS degrees, the reputation of the university suffers.

Our degrees might as well be printed on toilet paper for the worth they may have when we follow someone who is unqualified across the stage.

Of course, none of this really applies to you, our readers. By now you have learned that grades are not a

measure of your value as a person.

While they are designed to measure your progress in mastering a subject – and fear of failing may be an incentive to work harder – grades do not really tell what you have gained from a course.

And that’s what it really comes down to.

Many students complain when professors give them material that will not be covered in a test. This attitude ignores the value of learning.

If you only cram knowledge into your head to dump it out again on test day it will not stay.

And then you have wasted your time and money, because when you leave LSUS it is supposed to be with an education, not just a degree.

The amazing thing is that when you realize that grades don’t matter as much as learning, your grades improve.

The most important thing is to make sure you understand the material you are covering in class.

Knowing it is not enough.

Putting learning before grades includes actively participating in class discussions.

Prepare for class ahead of time by reading the assignments that will be covered.

If you have a question, talk to the professor during office hours.

Not only can the professor find new ways of helping you understand the material, but knowing that you are taking an active role in your education makes them more willing to work with you.

Class projects, papers and presentations are a way of making you delve deeper into your subject matter. Get started now so you won’t be tempted to eat rat poison at the end of November.

If you have had a rough start to the semester, don’t let it affect the work you do from now on. Final grades are supposed to measure your progress by the end of the course, and you have weeks to go.

But to finish successfully you must start now.

Stressing out about things just adds to your stress.

Take the initiative in your own education.

Don’t let grades dictate what you’ll accomplish this semester. Let your appreciation of education be your guide.

While the faculty continues to debate whether they should let slackers get by by abusing the repeat/delete system, show them that you are willing to earn your degree.

When you become involved in the material, you begin to understand it more, which naturally leads to good grades.

But if it doesn’t, you’ll survive.

-mm



Art by Michael Scott

Clarifications

Letter to the editor

Dear editor:

George W. Bush has proposed violence against Iraq. But he now has the opportunity to solve this situation with near-minimum casualties, with the "honor" and "courage" his apologists often tout, and with an opportunity to make amends for his desertion from military service. I steadfastly believe in nonviolence, but this is one case where I believe violence may be a workable compromise, a truly antiseptic resolution.

Iraqi vice president Taha Yassin Ramadan, has challenged the administration to a duel. He proposes one-on-one duels between U.S. and Iraqi teams: President against President, Vice President against Vice President, minister against minister, and so on, with Kofi Annan officiating. White House press secretary Ari Fleischer responded, "There can be no serious response to an irresponsible statement like that". To borrow a sentiment from the Chickenhawk's rhetoric, maybe he knows something we don't. Like maybe that the Iraqi press minister is a heck of a shot. Now, in this proposal, our leaders would take full personal responsibility, risking the lives often or so politicians rather than tens of thousands of our best and brightest young people. After all, those in the administration have had a great life, a brilliant run, including such accomplishments as our Vice President and our Secretary of Defense gifting Hussein with anthrax, West Nile virus, and many other assorted "weapons of mass destruction." Now, that's responsibility! And it better adheres to the President's doctrine of unilateral action.

The White House response: "In the past when Iraq had disputes, it invaded its neighbors. There were no duels; there were invasions. There was use of weapons of mass destruction and military. That's how Iraq settles its disputes." What a difference there is between the cowardice of rogue states and the courageous honor of the President of the greatest nation on Earth!

Shawn Christy

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SGA assists with Volunteer Day at local middle school

by Jennifer Knafla

SGA and LAESP are sponsoring the Oct. 19 Volunteer Day at Midway Middle School. One of three Volunteer Days sponsored with the help of SGA, 25 volunteers had already signed up as of Monday. The volunteers will be put to work repainting some interior walls in the school and replacing some of the boards that are rotted.

"The school board has provided the school with the materials," said Heather Kleckinger, secretary of the SGA. "The school just needed the man power to do the jobs."

Located off of Greenwood road, Midway is the adopted school of LSUS. "It's in an area that needs lots of work," Kleckinger said.

The organizations will provide a breakfast of doughnuts, juice and milk for the volunteers. Kleckinger said that the cutoff will probably be placed at 50 volunteers simply because there would not be enough work. To sign up as a volunteer go by the SGA office on the second floor of the UC.

A UC by any other name is not the same?

by Clay Meyer

The SGA has asked students whether University Center should change its name to include the word student.

According to Ashley Sanders, senator for the college of liberal arts, the main reason for the new name came up when the issue of student funding was presented. The UC is funded primarily through student fees.

Sanders said that some students felt that the name of the building should reflect their contribution.

Other colleges have a center usually called the Student Union or Student Center. Wanting to know if the issue of name changing was something that the students would like to see, the SGA included the issue on the October ballots for senator at large positions.

The SGA mainly wants the students to know that they can be involved in the decision-making process on this campus.

"I like the idea of the University Center having a name something like the Student Union," said Trae George, a senior computer science major. "I know of many other campuses that all have the word student somewhere in the name of their university centers."

"I would like to see the name of the University Center be changed to the Student Union," said John Adams, a freshman biology major. "With the name Student Union, the University Center seems like a more unified place for all students to go to."

College of sciences departments join forces in pioneering biomedical informatics program

by Chris Ross

LSUS is playing an important role in the development of a new science frontier that is on the cutting edge of technology.

What do the biology, computer science, mathematics and physics departments have in common? Combined together these departments form a new scientific discipline called biomedical informatics.

Biomedical informatics is the development and application of computer-based methods of discovery, analysis, interpretation, prediction and modeling to biological and medical data.

"It lies at the juncture of biology, medicine, computer science and information science, and defines some of the most important areas of technology and research today," said Dr. Al Vekovius, dean of the college of sciences.

The Human Genome Project and related gene-sequencing efforts are examples of this groundbreaking research made possible by advances in biomedical informatics," Vekovius said.

LSUS raised its profile in the biomedical research community, by hiring Dr. Marjan Trutschl as a new assistant professor in computer science.

"We're very excited to have been able to hire several new faculty in the department of computer science recently," said Dr. Paul Sis-



Photo by Chris Alexander

Lab assistant Kesha Singleton, junior biology major cleans her lab. The college of sciences strives to keep its labs stocked with cutting edge technology in its quest to prepare students for the breakthroughs of tomorrow.

son, chair of the department of mathematics and computer science, "and this new hiring has led directly to our ability to participate in the upcoming biomedical informatics symposium."

In 1996, LSUS was one of many institutions of higher education that formed the Consortium for Education, Research and Technology of North Louisiana. CERT was created as a partnership for the area's many colleges and research institutions to organize and deliver a variety of programs and

services to support the growth and success of the region's industry.

"Beginning in the spring of 2002, LSUS began playing a lead role in forming the CERT Institute for Biomedical Informatics (CIBI)," Sission said. "The CIBI is a collaboration of the universities in northern Louisiana, and the upcoming biomedical informatics symposium is the first of many planned symposia."

The development of the Institute for Biomedical Informatics will have far-reaching effects for LSUS

Hinck brings international expertise to marketing classes and prepares to bring students abroad this summer

by Francesca Brown

Wolfgang Hinck, a doctoral candidate at the University of Texas-Pan American, joined the LSUS faculty this fall as an Assistant Professor of Marketing.

Hinck earned undergraduate marketing degrees from F.H. Luenburg (Germany) and Carlow Institute of Technology (Ireland), as well as an MBA degree from the University of Texas-Pan American.

He has also spent eight months studying business at the Universidad de Valladolid (Spain) as part of an exchange program.

He is expected to graduate from the University of Texas-Pan American with a Ph.D. degree in Business Administration (Marketing and International Business) at the end of the semester.

Hinck has an extensive professional marketing background which includes full-time/consulting assignments with several German, French, English, Irish and U.S. firms, such as; Berger Group, Lapple and Hunt Development Corporation.

His previous full-time marketing-management assignments include positions as marketing director at City Offers, sales manager at Maitre Sud, marketing consultant at HMU, and assistant to the director at Aktiv Promotions.

He is also a member of several

academic and professional associations, including the American Marketing Association, Academy of Marketing Science, Academy of International Business, Society for Marketing Advances, and Association for Consumer Research.

Hinck has taught at several foreign institutions, including F.H. Luenburg (Germany), Universidad de Monterrey (Mexico), ITESM (Mexico) and Berne University (West Indies).

Currently he teaches two sections of Marketing 301 and a 701 MBA course here at LSUS.

Hinck compared the differences between LSUS students and students abroad. He said, "LSUS students have so many more responsibilities other than school, such as families and jobs."

He also said, "I love LSUS and Shreveport. The people are great and have outstanding personalities."

Hinck encourages students to study marketing because he believes once people know how to sell a product they can also sell themselves.

In addition to his teaching, he has already started a faculty soccer team and is in the process of planning student trips abroad.

Students will have the opportunity to travel to Germany for three weeks in the summer to study.

Students will take classes, visit various companies, socialize and live with foreign students.

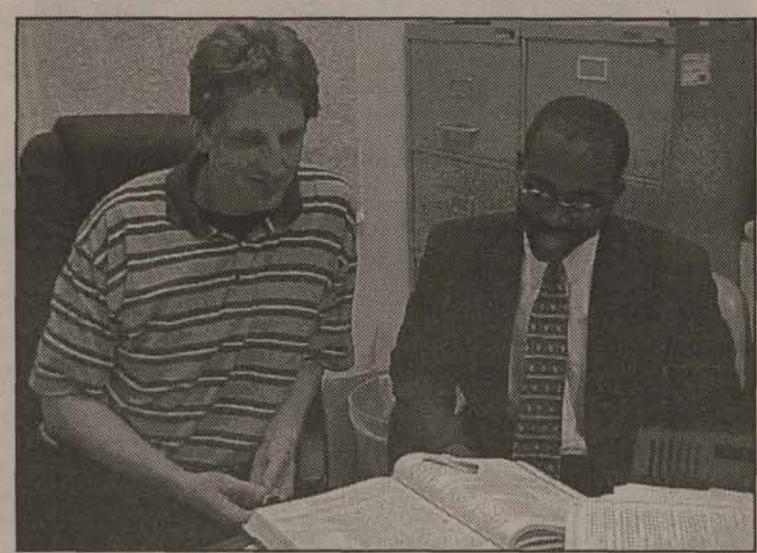


Photo by Jennifer Knafla
Assistant Professor of Marketing Dr. Wolfgang Hinck talks with MBA student Leonardo Brown. A candidate for a doctoral degree from the University of Texas-Pan American, Hinck has traveled around the world in his studies of professional marketing techniques.

Also a trip to Mexico for 40 days is being planned.

"Studying abroad helps students to appreciate other cultures as well as their own," Hinck stated.

If he could communicate anything to students, the poem by T.S. Eliot that says, "We shall not cease from exploration, And the end of our exploring, Will be to arrive where we started, and know the place for

the first time," would sum it up.

Students who are unable to travel abroad, can experience another culture every February when 20 to 30 German students come to LSUS. "The CIBI biomedical informatics symposium will provide a unique opportunity for the scientific community to showcase the strengths and research activities of participating institutions," said Trutschl.

The keynote speaker will be Dr. James Cassatt, the acting director of the Center for Bioinformatics and Computational Biology and director of cell biology and biophysics, both at the National Institute of General Medical Sciences and at the National Institutes of Health.

Cassat is one of the leading experts in the field of biomedical informatics.

Another invited speaker will be Trutschl.

"I would like to invite our students and faculty to attend the symposium – there is no registration fee. I would especially invite the students interested in careers and research projects in the biomedical informatics to attend the symposium and/or get in touch with me," Trutschl said.

Old BH get \$29,000 worth of renovations, yet students, faculty continue to complain

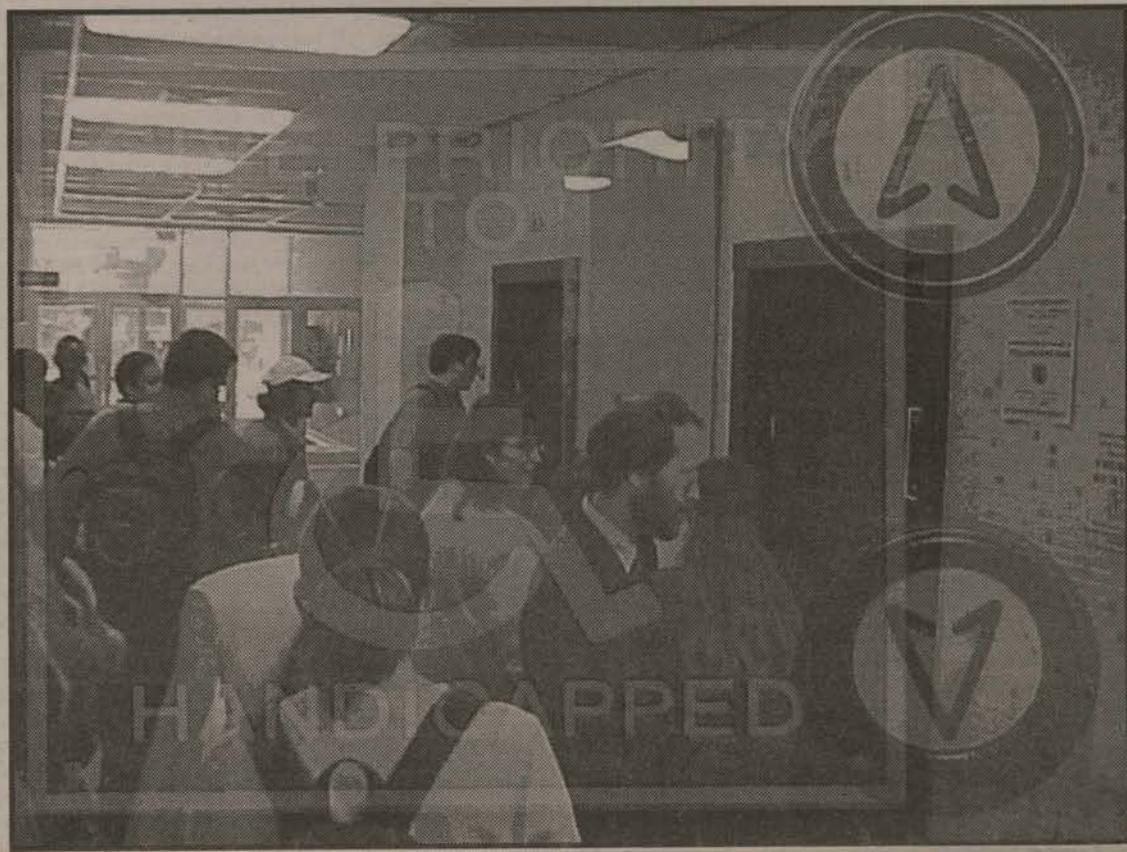


Photo by Chris Alexander

Students and faculty congregate before the Bronson Hall elevators on the first floor. While waiting for the elevators to stop at every floor, many students choose to spend their time perusing the latest Almages.

by
Curtis Drayden

LSUS has recently spent \$29,000 to modify and renovate the Bronson Hall elevators, after having changed maintenance contractors.

"It is not because (the other company) was doing a bad job but because the contract comes up for bid every three years," said Donald R. Bloxom, director of facility services. "It is not because we think that the new contractor will do a better job, because I think they are all good."

Bloxom said that Bronson Hall has the oldest elevators on campus.

"These elevators are probably the most used on campus, and like used cars, they break down more often," he said. "We are doing everything we can to keep them running as efficiently as possible."

No matter how hard the staff

may work, students and faculty do not seem to run short on complaints.

"The elevators are slow," said Jeff Gray, a senior public relations major. "Using the stairs, I can get to where I am going 2-3 minutes before the elevators gets there."

"When I do not have a load and have time to wait, I ride the elevator," said assistant professor of mass communications Ron Serge. "Always when going down, the elevator stops on every floor. It would be nice if someone could program them so that one goes up while the other goes down and not both going up or down at the same time."

"I try to use the elevators during non busy hours, that is after class starts," said Marty Young, assistant director of the Pioneer Heritage Center. "Usually I ride up and walk down allowing gravity to carry me down. If you ever get stuck in an elevator, it is not a pleasant

experience. It has happened to me at Tech."

Young also said that sometimes in the afternoon when all the students are gone, he walks by the elevator and the doors just open up without anyone touching the buttons.

"Once you get on the elevator, it takes you to every floor before it takes you to your floor," said Kelly Collins, chief clerk of continuing education. "On Fridays the doors open and close all day whether someone is getting on or off."

"I do not ride the elevator anymore. It takes too long," said Glen Gavenport, a sophomore biology major. "I can go up the stairs two times as fast before the elevator gets there."

Bloxom said that a capital outlay project has been presented for the renovation of Bronson Hall.

The project calls for the replacement of the elevators.

"We expect the project to be funded in two to three years," Bloxom said.

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Knighten wants more honest commencement

Continued from pg. 1

said Mills.

"We had not thought about it while making the proposal, but the decrease in students may elevate some crowding in the Expo Hall during commencement," said Mills.

Students who have a valid reason for walking in the spring will have to submit appeals to Mills.

"One valid excuse for needing to walk in the spring semester would be if a student is leaving for military duty as soon as they completed their degree," said Mills.

"The university is trying to validate the commencement ceremony by only allowing seniors who have completed all requirements to walk," said Merrell Knighten, dean of the college of Liberal Arts. Knighten said the audience assumes that everyone they see walking across stage is graduating and the university wants to make sure their assumptions are true.

"There were people walking in

the spring semester who did not have high expectations of graduating, but they still participated," said Knighten.

Last spring about 20 percent of the people graduating had not completed their requirements, Knighten said.

Knighten also said that he himself would like to see a more honest commencement ceremony.

Having had the opportunity to participate in other universities' commencements, Knighten said, "There was one commencement in particular that people were being pulled from line because they had not completed their requirements."

Knighten does not believe that the university will have to do that on the day of commencement, he said. "We are changing this policy now and not waiting until the spring semester so that seniors will be aware of this information and they can start planning in advance." Knighten said he felt that if students want to walk in the spring, they should complete their requirements in the spring.

HPE building's facilities useful tool for students interested in health

Continued from pg. 1

women's locker room.

Each facility's hours are from 8 a.m. to 9 p.m. Monday through Thursday and from 8 a.m. to 4 p.m. on Fridays.

The indoor track opens at 7:30 a.m. during the week. The weekend hours are 8 a.m. to 4 p.m. on Saturdays and noon to 4 p.m. on Sundays.

The exception to these hours is the pool because certified lifeguards are required for it to be open.

The hours for the pool are limited to an hour or an hour and a half beginning around noon and two hours in the evening from 5 p.m. to 7 p.m. except Friday evenings.

The weekend pool hours are 1 p.m. to 4 p.m. on Saturdays and Sundays.

Police officers exempt from LSUS campus no gun policy

by
Jennifer Knafla

According to revised statute 95.2 regarding firearms, police officers are exempt from prosecution by the no gun policies enforced on the LSUS school campus, said Mike Ferrell, vice chancellor for business affairs, at the Oct. 14 faculty senate meeting.

The statute allows for police to carry their firearms with them on campus on the basis that they are on the job 24 hours a day, seven days a week. Many local police officers take classes at LSUS, especially when pursuing a criminal justice degree.

Associate professor in the kinesiology and health science department, Jesse De Mello said he was concerned with having to personally ask students not to bring guns to the classroom. "I don't think that it is appropriate for me – an unarmed person – to ask a student with a gun not to bring it to class," De Mello said. "I think it would be more ap-

propriate for the university to address the issue."

Amy Wren, associate professor in accounting and business law, suggested that the university add a policy about no firearms in the classroom. "I mean we ask students not to bring their kids or their cell phones to class, I think we should be able to ask them not to bring their guns," Wren said.

Dr. Gloria Raines, vice chancellor of student affairs, advised against a policy that would stop an officer from carrying his gun to class, because even if a policy is issued by the university, the student can still refuse to follow it because by law they are allowed to carry firearms on campus, Raines suggested simply asking the student to leave the gun in his or her vehicle.

Ferrell also said that students who do bring guns with them to school can not bring them into a building but will not be prosecuted as long as the firearm is entirely contained within a vehicle.

AH Volunteer Fair helps students help others more effectively

by
Jessica Beech

Over 20 local volunteer organizations participated in the American Humanics Volunteer Fair.

American Humanics invited all students, faculty and staff to attend the Volunteer Fair on Thursday, Oct. 17 from 10 a.m. – noon.

Local nonprofit organizations were in the University Center today giving out volunteer and employment information.

Some of the organizations scheduled to participate included: American Heart Association, Northwest Louisiana Food Bank, Providence House, Girl Scouts, American Diabetes Association, Habitat for Humanity, Junior Achievement, Shreveport Opera, United Way and Shreveport Green.

The Volunteer Fair offers many different opportunities for students.

Whether students are looking for something to get involved with in their spare time or are in a program that requires public service hours, they should meet the people who can point them in the right direction.

This is also a great way for the

organizations to network with each other and get the word out about employment opportunities and special events in the area.

The attendance for the Volunteer Fair has soared to over 300 students since Sept. 11. A lot of students have made the decision to be more involved and start helping people.

The Volunteer Fair lets these people see the variety of organizations that are available so that they can pick an activity that best suits their interests.

The fair is also a great way of getting the word out about American Humanics.

"You never know what something is like until you try it. American Humanics is here to provide these opportunities to students at LSUS and to make sure that students receive full benefits and experiences of college life," said Stacey Bass, American Humanics president.

Bass hopes that the Volunteer Fair will help people become more involved on campus and in the Shreveport/Bossier area.

She urges students to become active in something, whether it is a

student organization or a community service program.

American Humanics at LSUS is an active organization out in the community.

Students who are involved with AH learn how to work with nonprofits.

Bass wants students to be more aware of what AH can offer them.

"All of our members who graduate with the American Humanics Certification are immediately hired for full time professional careers. Just ask any nonprofit organization if they know about American Humanics, and they will have many good things to say," Bass said.

"American Humanics produces leaders for the community and professionals for businesses. Volunteer Fair is just one way to open doors for students," said Bass.

Students interesting in finding out more about American Humanics can attend meetings, which are held every first and third Tuesday of the month during Common Hour in BH 361.

For further information, contact Stacey Bass at 795.4245 or Michelle Landrum at 795.4261.

English club shares knowledge and offers students a creative outlet

by
Tiffany Milne

If you need a channel for your thoughts, or if you could use guidance for your next writing project, LSUS offers both.

The English Club and the Writing Center support the sharing of literature in several ways.

Under the advisement of Dr. Thomas DuBose, professor of English, the English Club meets once a month to discuss upcoming activities.

Members also read aloud their own short stories, essays or poems in a "fun get together," as Christie Wilson, president of the club, calls the readings.

Wilson said that this year she "plans on leading the club in a direction they have never been before."

The club will soon donate books to Shriner's Hospital and sponsor and elementary school in its Accelerated Reader Program.

The Accelerated Reader Program assures that each child has achieved the reading skills appropriate for his or her grade.

"We will be donating and sending home and age-appropriate book for the first graders after they learn how to read them," Wilson said.

During Fall Fest, the club will

accept new members and organize a fundraiser for the book program.

The English Club also supports the Writing Center, which is located in Bronson Hall Room 114.

The lab encourages students to get help on their upcoming papers in class, and it is open from nine to four, Monday through Friday.

The purpose of the Writing Center, according to Dr. Larry Anderson, chair of the English department, is to direct students through the writing process.

The room has couches and desks and the tutors say they will soon be painting colorful quotes on the walls to provide a comfortable setting for reading.

Junior English major Josh Melaneon says he tries the "Socratic method of tutoring," by getting students to verbalize their own thoughts through questioning.

The Writing Center is usually crowded during common hour and test weeks, and the tutors can only assist one person at a time.

"If you need help come with a question in mind," said Sabrina Hunt, a senior English major. "Try to come in more than a day before your papers are due."

Hunt said that students tend to procrastinate on writing assignments until the last minute.

Campus Crime Blotter

No Reports

This summer the signals outside the Youree drive entrance of the campus were changed. As a Louisiana highway, the signaling mechanism was adjusted to compensate with increased traffic in the area.

However, the new sensors for the signal occasionally cut the normal 40 second cycle to 8 seconds.

LSUS campus police stand at the front gate during periods of high traffic to smooth the transition off campus.

Lt. Ron Parker, chief of the campus police, said that several tickets have been issued to students because of failure to obey the signals of an officer.

He also said that many students have complained about the signals and that the officers have almost been hit by cars that were driving recklessly.

The LSUS campus police are state police officers and Parker wishes to inform students that these officers must be obeyed when giving traffic signals.

The tickets for violating an officer's traffic orders have a \$50 fine.

"I don't want to have to give tickets," Parker said. "If everybody waits and pays attention to the officers, they would get through a lot quicker and safer."

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For information contact Dr. Pederson at wpederso@pilot.lsus.edu or (318) 797-5138

Fine arts lab teaches students graphic design

by
LaKesha Mosley

The Fine Arts Lab is fostering the concept of imaginative hands-on learning even for those LSUS students who don't feel artistic.

Most curricula require students to have at least three credit hours in fine arts.

The fine arts department offers classes that range from the traditional art appreciation to the innovative high-tech art design taught by Jason Mackowiak, assistant professor of fine arts and LaMoynne Batten, professor and chair of the department of fine arts/foreign languages/humanities.

Mackowiak teaches beginning, intermediate and advanced level digital-computer design, which cater particularly to non-art majors.

Beginner courses are structured to be fun and to get students comfortable with programs like QuarkXpress, Adobe Photoshop and Adobe Illustrator.

After mastering these programs, students may be advised to take more advanced classes.

In the advanced classes, the book is finished by the third week of class.

All of the computer design classes are taught in the Fine Arts Lab located on the first floor of Bronson Hall.

The lab recently received a \$75,000 grant, upgraded over half of its computers and purchased new software, interactive CDs and personal scanners for each computer in the lab.

The lab has popular and advanced programs used specifically by designers.

The programs include Premier, Maya, Dream Weaver, Director and 3D-animation software.

Reaping the benefits of the improved lab, the campus is decorated

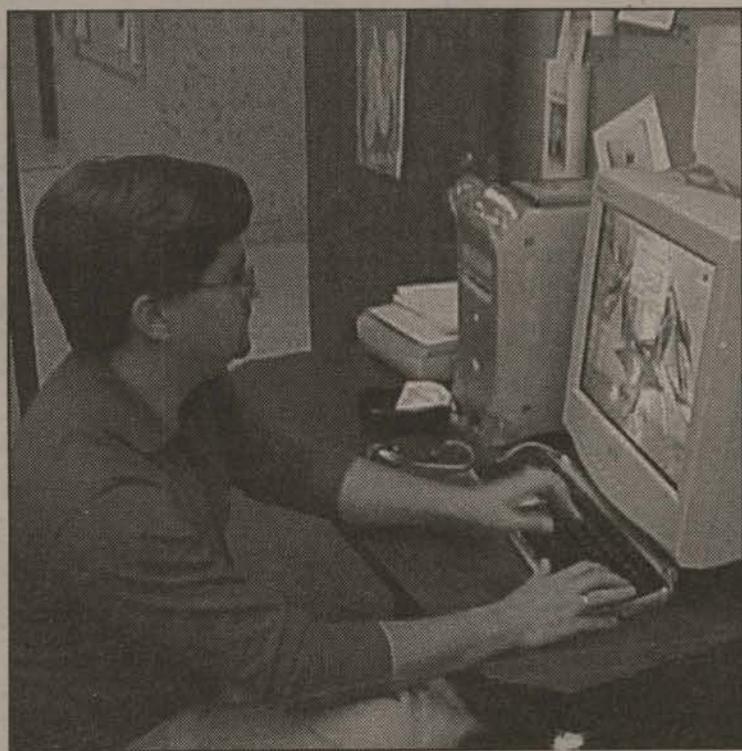


Photo by Chris Alexander

Jason Mackowiak, assistant professor of fine arts, offers abundant advice for the aspiring artist in his Macintosh lab in Bronson Hall Room 132. The lab is upgraded on a regular basis to keep students supplied with the tools they need for professional level design..

with posters that were crafted in the lab. American Studies, Student Activities Board and last year's battle of the band posters are just a few.

Once the starter classes are completed, classroom projects range from movie trailers, short films, and music videos to mock promotional videos for events such as The Stanley Cup and WWP matches.

Word processors are not found on any of the computers in the lab because the lab is especially designed for the artistically curious. The lab is a place of hands on learning.

Knowing that art has more depth than Leonardo DiVinci or Clementine Hunter, senior history major, Kelly Bardon, got involved with the lab—because she said that she can learn different traditional and technical perspectives about art.

Junior Kevin Gaspard, the creator of this year's campus play poster, *The Waiting Room*, said he loves the freedom the lab and classes allow.

Students can express their creativity freely in the lab without a lot of interruptions.

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Career Fair helps students find jobs

by
Keziah Tsirigotis

The spotlight was on students at the Career Fair on Oct. 1 at LSUS. The fair was crowded with hungry, job-seeking students, who were dressed for success.

Flyers, pamphlets and brochures were passed out to reinforce students who have been interested in what was being offered at the Career Fair.

The information packet gave students an insight into what recruiters were looking for. The packet included tips on how to approach an employer and what questions to ask.

It also provided information on how to view jobs online and how to handle rejection.

Several business representatives encouraged students to take advantage of job opportunities that will benefit them in the future.

Garry Green, Work Force Developer Supervisor of The Louisiana Department of Labor provided three key elements for finding the right job.

Green said to first locate sources of job information through a state job center, newspaper or direct employer contact.

Second, before an interview learn about the employer.

Know how you can benefit the company.

Be on time, and most importantly, know why you want to work for the company.

Last, Green said that during the interview be enthusiastic, answer questions clearly, maintain eye contact, sell yourself by speaking directly to the interviewer and show interest in the job.

Green's assistant, Witney Flowers, said, "The reason why so many college students participate in the Career Fair each year is that they are looking for local employment then

Presidential historian Doris Kearns Goodwin to speak despite faculty protest

by
Tiffany Milne

Sharing her insight on presidential life, historian Doris Kearns Goodwin will deliver a message on Oct. 24 in the UC Theatre at 8 a.m.

"She is a first-rate speaker—highly interesting and energetic," said Dr. William Pederson, who invited her to speak on behalf of the International Lincoln Center as part of their yearly seminar.

Goodwin is popular for her Pulitzer Prize winning biography, "No Ordinary Time: Franklin and Eleanor Roosevelt: The American Home Front during World War II," and she is well-known for her television commentaries on presidential life.

After teaching as a professor of government at Harvard University, Goodwin worked as an assistant to President Lyndon during his last year in the White House.

In her lecture titled "Team of Rivals: Abraham Lincoln's White House," Goodwin will uncover how Abraham Lincoln and the First Lady communicated with each other.

Though Lincoln is the focus of her speech, the faculty senate has asked that she also address the issue of plagiarism.

The faculty senate requested that she speak about plagiarism because she did not cite borrowed works properly in one of her books, "The Fitzgeralds and the Kennedys," causing her to subsequently resign from the Pulitzer Committee.

The ball is in Goodwin's

court—her contract states she only has to discuss the topic she and Pederson agreed on 11 months ago.

"Speakers usually require a second fee if they speak on an additional subject not stated in a contract—I hope the pockets of some faculty are as deep as their recommendations, since Dr. Goodwin likes to talk," said Pederson. Her contract also waives her usual \$35,000 lecture fee due to connections at the university.

Although some faculty members disagree with hosting Doris Kearns Goodwin's lecture, Dr. Gloria Raines, vice-chancellor of student affairs, says, "Controversy is healthy."

"This is a university campus where anyone has the right to speak," said Raines. "We can respectfully disagree."

During a classroom discussion, John Vassar, assistant professor of history, asked his students if they thought it was acceptable for LSUS to endorse Goodwin, in light of her mistake.

The class was equally divided.

After the class, Kris Petty, a senior in business management, said, "From an ethical standpoint, I think it is a bad move for the school. But for the students that want it, it is free knowledge."

Although this event is free and open to the public, a special fundraiser will be held in Harrah's Ballroom on Oct. 23 at 7 p.m.

Each ticket will cost \$75.

Rohrbeck has been with the company for four months and returns home in December.

"This experience that I'm taking advantage of will help me find a stable job," said Rohrbeck.

From interviewing and resumé tips to choosing the right career, the Career Fair at LSUS provided students stepping stones for future success.

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SFA gives edge on career path

by
Carla Seymour

The Student Finance Association is introducing students to career opportunities through interaction with professionals and academic personnel outside the classroom. Students in all areas of study can get an edge on the decision-making process of choosing a career path.

"This is a club that teaches finance students how to apply the information they have already learned in the classroom," said Timothy Vines, adviser of the SFA.

Though the organization provides important information for the future, Vines said that the club's purpose is more about having fun outside the classroom. Events the club participates in include Fall Fest, a service project, an annual trip, a Christmas party and a virtual investment game.

Meetings are held twice a month. The first meeting involves planning and announcements. The second meeting is reserved for guest speakers.

Speakers are generally professionals chosen to speak about various areas of finance. Students have

the opportunity to meet many professionals in the finance field and get a first-hand look at what takes place in those careers, said Vines. The speakers also give students a chance to network in the field of finance through interaction with professionals.

The requirements for joining the SFA are being a student at LSUS and participating in at least eight percent of all the service projects, school functions and attendance of guest speaker appearances.

For more information, contact the SFA at 797-5013.

HPE building provides shelter for south La. hurricane evacuees

by
Jessica Beech

On Oct. 2, LSUS became a second home to over 500 people. In anticipation of the then Category 4 hurricane, Lili, the American Red Cross had set up shelters in Ruston, Monroe and Shreveport.

Traffic on I-49 was bumper-to-bumper non-stop all day on Wednesday, Oct. 2. Trucks, cars, RVs and campers were filled with grandparents, parents, kids and pets.

Thousands of Louisiana residents had to leave their homes behind to seek refuge from the storm building in the Gulf.

These people were fleeing their homes in search of higher, drier ground and found shelter in our gym.

Hurricane Lili was reported to have winds of up to 145 mph. Rain was expected to reach 6-8 inches, which would have caused disastrous flooding.

The scene in the HPE Building was not chaotic. The evacuees were spread out on blankets, lawn chairs and inflatable beds. Games were set up for the kids to keep them occupied while they waited out the storm. Marble Slab Creamery and

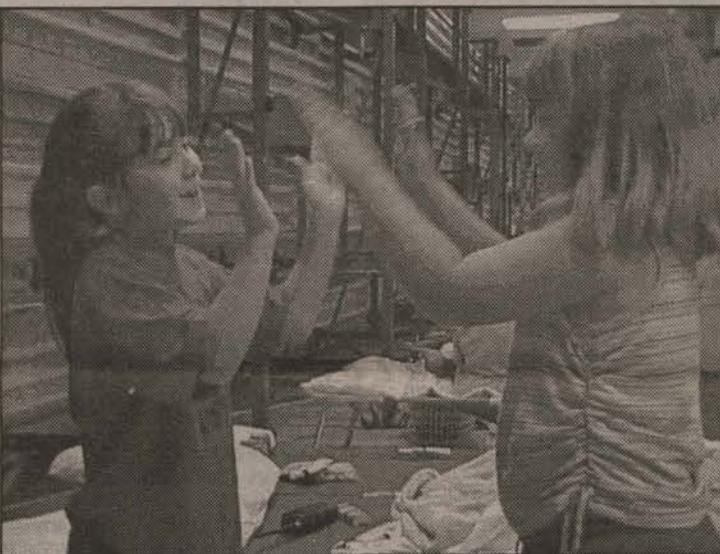


Photo by Dominic Claiborne
Brittany Hargave, age 8, from Abbeville and Brianna Simon, also age 8, from Ragley pass the time by playing games in the HPE building after being evacuated in anticipation of Hurricane Lili.

Southern Maid Donut Co. donated food. The Port was also open for the evacuees.

According to Amy Stewart, a Red Cross Volunteer, there were a lot of ways to wait out the storm.

Families with very young chil-

dren stayed around the gym. Those with older children or no children at all set up camp in the gym, then left to see what our city has to offer.

Many visitors to our city decided to stay at the casinos and try their luck until they heard word from home.

Others went to area malls and movie theaters to help pass the time. Evacuees with campers and RVs were able to set up at area camping grounds.

Stewart said the south Louisiana visitors and the Red Cross staff were all very thankful for the accommodations at LSUS.

People were scared at first of what might be happening to their homes, but they were relieved to be in a safe spot.

Most of the evacuees had probably never been to Shreveport, much less the LSUS campus.

By the time the hurricane hit, it had calmed down considerably. The storm was reported to be down to a Category 2 by the time it got close to shore.

Although it definitely did some damage down south, most people were able to get back to their homes by the weekend.



Photo by Dominic Claiborne
Roddick Hudson, age 3, and Rita Hudson, age 45, from Baldwin, La. had to stay in the HPE when Hurricane Lili forced south Louisiana Residents to flee for their safety.

Counseling Center helps students tackle stress of busy college life

by
Tiffany Milne

With a slogan like "Here to Help," the counseling center provides their services to any student with personal or academic issues.

The counselors say the most common reasons students visit the counseling center are to discuss loneliness, depression, the loss of a loved one, a break-up, test anxiety or choosing a major.

The counseling sessions provide the student with a listening ear, expert advice and a commitment to long-term plans.

"I enjoy working with students to facilitate their growth," said Paula Atkins, assistant director of student counseling. "Life impinges on them."

Atkins says her favorite part of working with students is locking eyes with them during commencement.

A part of the counseling center for the past 19 years, Paula Lewis says she wants to "help students succeed," as the Director of the Counseling Center.

Lewis said her most rewarding experience was receiving a long-distance call from a lady who graduated six years ago.

The student thanked Lewis for telling her things that would later save her life during a crisis.

Working with the Director

and the Assistant Director at the Center, peer counselors speak with students who prefer talking to someone their own age about issues.

Along with counseling services, the center, located in Administration Building Room 227, also organizes the Freshman and Sophomore Focus.

Freshman and Sophomore Focus attendance is mandatory for students to keep their S.O.A.R. scholarship stipends of \$500 a semester for supply and tuition and costs.

The program assists first-time students holding a scholarship to keep connected to another student throughout the year.

S.O.A.R. recipients must do four things to keep their scholarships throughout the year—earn Student Success Series points, attend meetings, maintain acceptable grades and meet with a mentor.

Patrina Williams, a senior in finance, mentors freshmen and sophomore students.

Williams says students in this program must meet with a mentor three times during a semester to privately discuss any types of problems, and the students receive referrals to other centers at LSUS for academic assistance.

"In these mentor meetings, we talk about anything," says Williams. "The students just need to call and make an appointment."

Heritage Center provides look into NW Louisiana history with Pioneer Day

by
Carla Seymour

On Saturday, Oct. 12 the LSUS Pioneer Heritage Center went back in time.

The sixth annual Pioneer Day was a day full of realistic demonstrations of what it was really like to be a part of the unique culture of Northwest Louisiana from the 1830s to the end of the nineteenth century.

Anyone who went to Pioneer Day could see a master blacksmith work his craft or even see a stone arrowhead being made. There were quilters, story tellers, living historians and much more. Members of the history club at LSUS were stationed to tell the historical stories behind each building.

Dr. Marguerite Plummer, history professor, said that she was looking forward to this being the best year ever.

Marty Young, the center's assistant director, has been involved with Pioneer Day since it first started six years ago. He said that this year's event had more demonstrators and living historians than ever before.

They have received much more support from the community

this year, said Young.

This includes area elementary and high school classes attending the event for educational purposes. Young says that Diane Map, a teacher at Claiborne Magnet brought her class of gifted students, and Tiffany Langdon, a teacher at Captain Shreve, brought her high school class.

This is a great way to get the students excited about history and to be able to see first-hand how people in that period lived, said Young. The demonstrations are very interactive, allowing people to participate.

Young says that he hopes that Pioneer Day will continue to grow in the community.

He believes it is a great way to draw people to the LSUS campus and to show people in Shreveport/Bossier how involved the university is in the community.

Also, Young said that this is a wonderful and educational way to introduce area youth to the college atmosphere.

In the future, Young said that Pioneer Day will hopefully become a fundraising activity for the Pioneer Center.

JAKE VIEWS

by
Angela Gehrls

Boxes of paint are stacked up on the bed. Paintings are scattered about the room, including several pieces still in progress. The walls of the room are decorated with movie posters, prints by Salvador Dali and pictures of famous musicians.

This is the world of artist Jake Dement. In the midst of it all sits 23-year-old Jake, hands and clothes covered in paint, working on his latest creation entitled "Infidelity."

Jake has been creating art for most of his life, but the death of his cousin Marcus, who was also an incredible artist, was what most inspired him to become serious about it.

"He was the most talented artist I've ever met in my entire life," Jake said about his cousin. "My family said we were twins, that we were most alike. His brothers came to me after he passed and they told me that I had a gift and that I had something going for me."

Jake feels like art is what he was made to do. He was diagnosed with fibromyalgia three years ago, which caused him to have chronic headaches, but that didn't stop him from doing what he loved.

"I believe God gave me this pain to encourage me to paint," he said. "When I really started focusing on my painting, the pain would go away."

Jake's family, especially his grandfather Bossier City Mayor George Dement, has been very supportive of his work as an artist.

"He's my whole world. He's endured loud music just to see what I'm doing. He's totally disciplined and so smart...very, very spiritually aware," Jake said of his grandfather. "And that's the main thing behind my art work. It's a spiritual awareness quest."

Jake's parents were divorced when he was four-years-old, so he moved around a lot with his mother.

He went to 16 different schools from kindergarten through high school before settling back here in his birthplace, where he now lives with his father.

All the while, his family and art teachers encouraged him to continue creating his art his way.

Jake said the constant bouncing around only made him stronger as an artist. "I had to start over in so many different places.

That's why every single painting I have is totally different," he said. "I have underlying themes in a

lot of my paintings, but for the most part I like to paint something different every time."

Jake's first big show "Systematical Manipulation" came in September 2000 at the Uneeda building in downtown Shreveport. His next show, "Dissecting Memory," was at the Barnwell Art Center, which showcased 14 of his paintings. He also has one entitled "Orgasmic Tranquility" on display at Voodoo Café along with seven other of his paintings.

"The Barnwell is a very well-known art gallery, and just getting my stuff in there was a big, big deal for me," he said. He was especially proud of this, since he was only 21 when the show took place.

On his website, www.jakedement.com, Jake described his feeling on "Dissecting Memory."

"As a deep rooted Louisiana boy, my focus on art became stronger through faith in God. Looking back on my life these images from my own personal subconscious stand forever burned into my spirit.

Upon the walls hand just a taste of what I hold in store for anyone who knows art in its purest form. My work is raw, untaught and unpolluted.

Dissecting Memory is a journey into the hearts of instincts narrated by a symphony of colors broken into shape. I dedicate this show to anyone who believes in themselves and dares to dream."

Many of Jake's paintings such as "Holy Ghost" and "Spirit Fountain" have a strong religious theme. Others like "Guilt," "Mother & Child" and "Estrogen" are more abstract.

"Orgasmic Tranquility," "Harmonic Indulgence" and his latest painting "Infidelity," which illustrates how a beautiful woman can bring out the evil in a man, are a bit provocative.

Each contains a harmonious use of colors, generates a specific feeling or emotion and conveys Jake's deep spirituality. Jake describes his work as "completely raw...unpolluted."

Jake is also interested in creating album covers for area bands and soon he will be designing a new Mudbug Madness logo.

Jake's paintings available for viewing and prints available for purchase can be found on his website.

To get a good deal on his work it is best to call him directly at 747-9016 or page him at 677-8658. He currently has around 38 paintings available for prints.

J a k e D e m e n t



photos by Angela Gehrls



Intramurals tackle students with flag football and more

by
Keziah Tsirigotis

Touchdown! That's what LSUS students and fans have been saying at flag football games.

Intramural sports has been a part of the LSUS institution since the mid-mid-80s.

Director of Intramural Sports Shannon Murphy said, "The number of college students who participate has increased by 75 percent."

Intramural sports are for men and women alike. The sports included for the fall season are flag football, table tennis, court volleyball and 3 on 3 basketball.

Flag football is the most popular sport. It consists of 20 teams with 220 LSUS students and a large number of medical students involved.

Jeremy Chrene, a senior exercise science major, said, "The reason why so many students, including medical students, participate is to relieve frustration and to relax."

Scott Alexander, a senior

majoring in communications, helps organize meetings for students who are participating.

"We have captain meetings to go over rules and guidelines that must not be violated. To participate, you must be an LSUS student and sign up," said Alexander.

A fan in the stands, Amber Jones cheered as she watched students get dirty of the field and score. "I enjoy watching the game," said Jones.

Student Referee
Scott Alexander works with LSUS students at every game on their positioning to improve the players as teammates.

The majority of the sporting events take place on the Intramural field on the far side of the HPE building.

"Advertising on campus which sports are being offered has manifested us as a university to provide healthy competition," said Chrene.

Murphy said, "Be on the lookout for spring intramural sports that LSUS will be offering, including sand volleyball, 5 on 5 basketball and women's soccer."

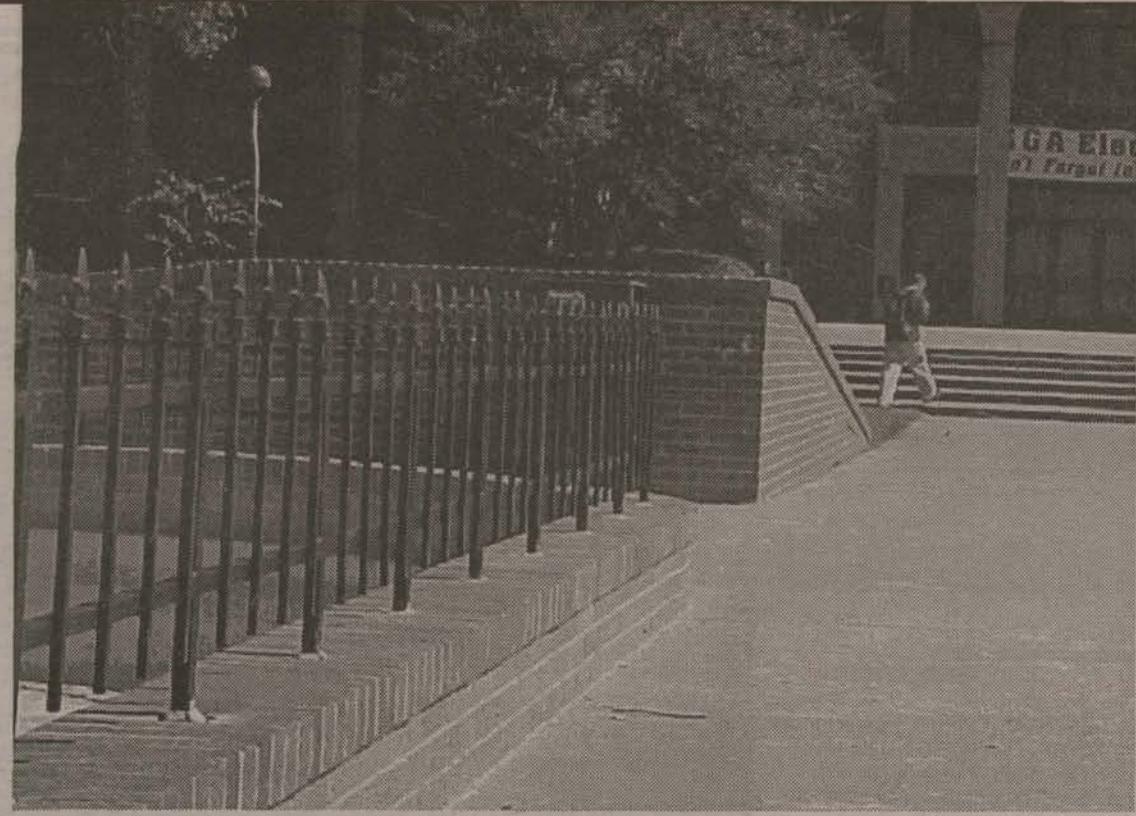
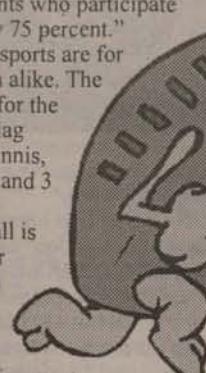
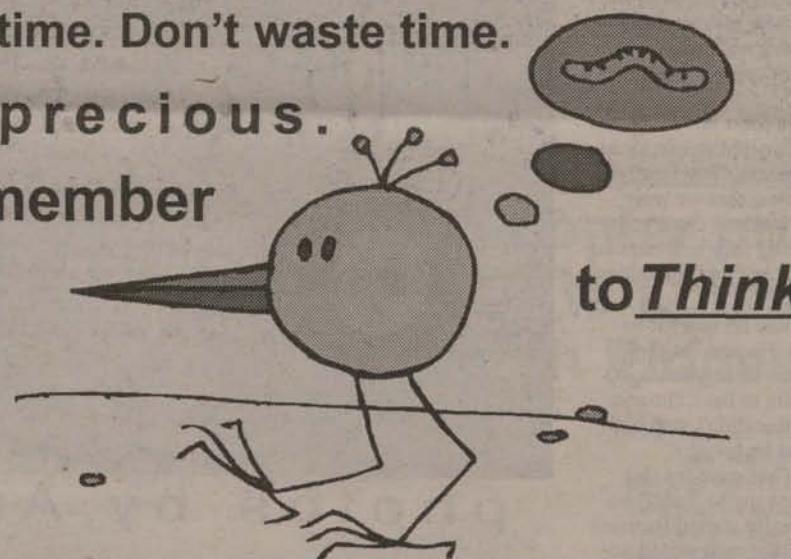


Photo by Chris Alexander

The fences around the fountains in the U.C. mall were replaced this fall as part of the school's beautification project.

It is the middle of the semester. You're running out of time. Don't waste time. It's precious.

Remember



to Think!

SGA election results in higher voter turnout

by
Jennifer Knafla

SGA had an 18 percent turnout by the student body in its election for senators at large. Besides filling the 16 positions, 52 percent of students who participated also voted to change the name of the University Center to the Student Union.

Seven hundred and fifty-two students voted on-line through their blackboard accounts for the Oct. 14 elections.

"This is the best turnout we've

had in a while," said SGA President Jeff Strozier.

Included in the students elected was Rebecca Hufft, present chair of the SGA internal affairs committee, and Bradly Craft, chair of the SGA academic affairs committee.

Elected to fill the senator at large positions are Tiffany Johnson, Bradly Craft, Jennifer Siskron, Lacey Spencer, Tiffany Hayes, Terrence Neal, Kevin Powell, Brent Barrow, Melanie Barrow, Eric Jackson, Amanda Smith, Priscilla Sinz, Umar Hussain, Kevin Brown and Wendi Seizemore.

Junior wins Rooster Rumble

by
Angela Gehrls & Julie Petchak

Junior will open for Everclear Nov. 7 at Municipal Auditorium. Chosen by audience applause at The Rooster Rumble in the UC Theatre on Oct. 9, the band competed against four other bands for the spot as well as a \$1,000 prize.

A group of students chosen by the Office of Student Activities listened to over 37 demo CDs and chose these bands. Demos were submitted from Oklahoma, Texas, Arkansas and all over Louisiana.

The participating bands were required to play either three songs or a 20-minute set, and the crowd reaction at the end of each band's performance was measured by an "applause-o-meter." At the end of the show, the crowd reaction for

each band was measured again, and the two numbers were averaged together for a final score.

The runner up was Built For Speed who will take the place of Junior if unable to perform. Hippie Freak & Smear and KaB 9 had quite a following; however, Lucy's Walk were the underdogs in the competition, since they were from New Orleans and didn't bring a large group with them. This was the band's first trip to Shreveport. These bands received tickets to the Everclear show.

Junior is currently touring in support of their first full-length release entitled Starving Artists of the Year. The band's name was decided because two of the members are named after their fathers. Junior has performed in 14 states across the U.S. since releasing its first demo in 1998.

Two of the members are from East Texas, and the other is from Natchitoches. Lead vocalist/guitarist Kiley Bland, drummer Steve Cox and bassist West Fontenot of Junior are all very excited about the upcoming show, although they were quite surprised that they won.

"A lot of people are gonna hate us for this," Bland said jokingly after the show. "I really wasn't expecting this. We just showed up and played like we always do."

"The talent was amazing!" said Erika Gonzalez, marketing coordinator for the Office of Student Activities.

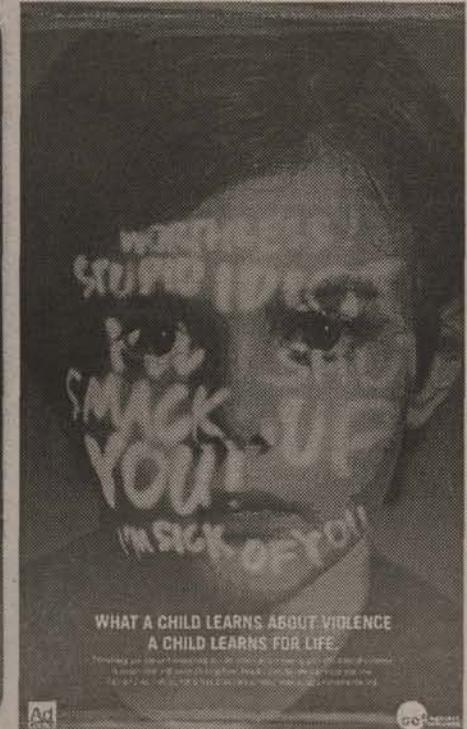
Tickets for the Everclear show are \$10 for students, and went on sale Monday, Oct. 14. Tickets for the general public go on sale Oct. 21, and will cost \$20.

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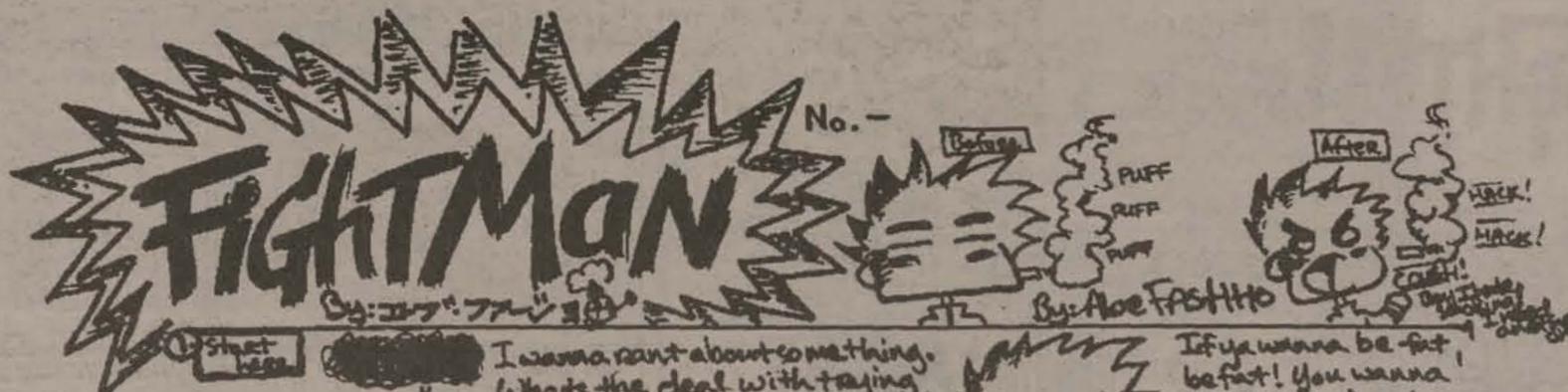
Ad Council Organ & Tissue Donation



WHAT A CHILD LEARNS ABOUT VIOLENCE
A CHILD LEARNS FOR LIFE

Thinking is important. Encouraging the next generation to think is even more important. Ad Council and Share Your Life are working together to help children learn about violence and how to prevent it. To learn more, visit www.shareyourlife.org.

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I don't wanna lose weight! Why do I have to? I don't wanna go to the gym. I wanna stay home! *[dramatic music]*

I don't wanna look like chopsticks or a No.2 pencil!

I wanna rant about something. What's the deal with trying to be skinny and trying to look like a walking muscle or a supermodel with a size -10 waist? Why can't you be happy just the way you are? For some reason you, as an individual in society, must join a fitness club or go on the Slim Fast diet just to have a sensible meal to satisfy your craving for real food after drinking that sh in a can! Why sweat, why even workout? I say you gotta relax!

② That's exactly right... I guess!

Hello everybody! It's Richard Simmons in the down flesh and I'm here to tell

you that it's ok to be you and be happy with a nice slender body! To all the heavy people out there your dreams can come true with the purchase of our new home fitness sets dubbed "Beat the Fat: The Home Version"!

If that won't work, then go for my new fat-free water called "Slim-tastic" great for anything of the day! Finally, my saga returns "Sweatin' to the Oldies" with the newest chapter "The Mountaine Classics" so to beat the pounds off in the old school style. All of this can be yours for 6 easy payments of \$499.95, call me now! Now!!

I'm so happy, let's cheer!

Christ! I need a cheeseburger!

So everybody join the party! Everybody is dancing to the music and burning the fat! In the future you will resemble me and thank your lucky stars you bought my stuff! Let's eat it for the meaning of calories, let's eat it for the one and only Richard Simmons and his fat! Be skinny, be me and be okay! HA! I'm a gay!

How about? So be skinny Society doesn't count. I don't buy stuff to be happy!

Buy my videos! My haircut is so cool! Sweet! Be okay! HA! I'm a gay!

Again what the hell is this shit?!! I'm MAD! OK! That's it!

POW!!!

Cuck! My hair!!!



OK! I took care of that frumpy-haired ass-tracker! Anyway, oh yeah my gay! Well... Dumb Corporate Icon!

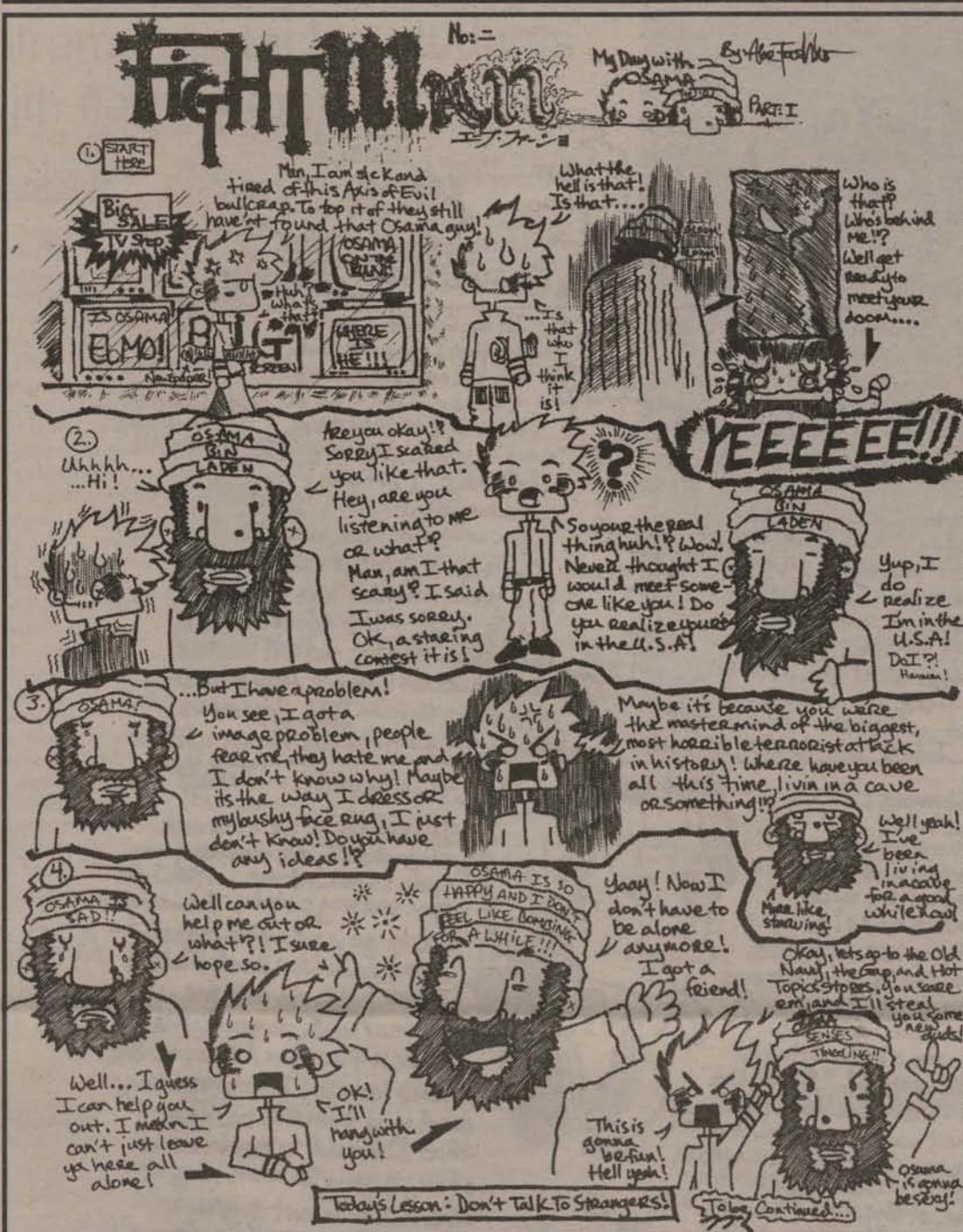
Now I'm going to eat a bag of chips and a jar of peanut butter. Have a good day!

If you wanna be fat, be fat! You wanna be skinny, then be skinny. Don't be a skinny person and say to your skinny friends, "I'm fat! Man, I hate that sh"! If you wanna lose weight don't give into corporate ploys on weight loss, or those 24 hr. self-help infomercials, lose the weight to feel better for yourself! Don't think skinny and fat, think you, because you as a person must be happy with who you are!

In starvin'!! You shouldn't be ashamed of yourself or the way you look! Look at me... how do you see my point? The weight has to go, and with my equipment and workout videos I can help. So call me up, e-mail me, or send the check first and receive the help later! That's my policy, and you should be happy that I would take time out of my day... I'm a happy life to reach out to you and help in your time of need! Soon you'll be the weight, have a new figure and gain a beautiful face like mine! You can't beat that!

Listen, if you're not happy the way you are then get help! Don't do yourself and not for the image society shows you 24/7! Don't give into scared button lies and don't give into the wrong images of what you are supposed to be! Those bastards should know for taking advantage of those people who really need help or someone to talk to! Anyways, take care of yourself, because it's your choice to be what and who you want to be! Just remember not to give into the crap images that tell you what to do. Scam those freaks! Just live your life the way you feel is right for you and be happy DAMN IT!!

Today's Lesson: Make the right choices, for a happy life!!



Calendar of events

All events are in the UniversityCenter unless otherwise indicated.
If your organization would like to be featured in the calendar of
events email us at almagest@pilot.lsus.edu.

<h1>Calendar of events</h1>		Thurs. Oct. 17	Fri. Oct. 18	Sat. Oct. 19	Sun. Oct. 20	
<p>All events are in the University Center unless otherwise indicated. If your organization would like to be featured in the calendar of events email us at almagest@pilot.lsus.edu.</p>		<p>10 a.m. - 12 p.m. AH Volunteer Fair UC Lobby</p> <p>10:30 a.m. Port Unplugged <i>The Port</i></p> <p>PRSSA Meeting BH 336</p> <p>SGA Meeting Webster Room</p> <p>BSA Meeting Red River Room</p>	<p>9 p.m. Crossroads <i>BCM</i></p>	<p>SGA Volunteer Day</p>	<p>4 p.m. Tau Kappa Epsilon <i>Webster Room</i></p> <p>5 p.m. Phi Mu <i>Caddo/Bossier</i></p> <p>6 p.m. Zeta Tau Alpha <i>Louisiana A & B</i></p> <p>7 p.m. Beta Gamma Iota <i>Red River Room</i></p>	
Mon. Oct. 21	Tues. Oct. 22	<p>10:30 a.m. SAB Meeting <i>DeSoto Room</i></p> <p>BHS Meeting SC 229</p> <p>PRSSA Meeting BH 336</p> <p>7 p.m. Chicago Comedy Co. <i>UC Theater</i></p> <p>Worship Service <i>BCM</i></p>	<p>12 p.m. Lunch/Devotional <i>BCM</i></p> <p>8 p.m. Zeta Tau Alpha <i>Pilot's Room</i></p>	<p>10:30 a.m. SGA Meeting <i>Webster Room</i></p> <p>9 p.m. Movie on the Mall <i>"The Shining"</i> (bring blankets) <i>UC Mall</i></p> <p>7 p.m. Chi Alpha <i>DeSoto Room</i></p>	<p>11 a.m. - 3 p.m. Fall Fest <i>UC Mall</i></p> <p>5:30 p.m. - 7 p.m. Family Night <i>UC Mall</i></p> <p>7 p.m. Family Movie <i>"Monster's Inc."</i> <i>UC Mall</i></p>	<p>4 p.m. Tau Kappa Epsilon <i>Webster Room</i></p> <p>5 p.m. Phi Mu <i>Caddo/Bossier</i></p> <p>6 p.m. Zeta Tau Alpha <i>Louisiana A & B</i></p> <p>7 p.m. Beta Gamma Iota <i>Red River Room</i></p>
<h2>Fall Fest</h2>						